



## *NEW FURRY FRIEND ON BASE*

by Jenny Syed

132d Wing Director of Psychological Health

Introducing the newest member of the 132WG Mental Health Team, "Mata". Mata is a fully certified facility therapy dog coming to us from Southeastern Guidedogs whose mission for facility therapy dogs is exclusively for military and veteran population; placing puppies with military installations and Veteran Affairs hospitals. Mata is a 2 year old, Pocket Labrador who was born 20 May 2019. Mata joined our wing on 15 December and has already begun spreading joy during her visitations.

Mata is joining our installation as a holistic and complementary approach for stress reduction through unit visitations and availability during counseling sessions with the Director of Psychological Health. Research shows us that therapy dogs can provide both physical (decrease blood pressure, diversion from pain) and emotional (diversion from boredom, reduce loneliness and provide an outlet for emotional expression) benefits to service members and veterans.

Mata enjoys visiting and meeting new people and you can find her during visits showing off her leash or holding a favorite toy. As a trained facility therapy dog she also needs a balance of work and play so she likes to visit 1-2 areas a day then take lots of naps. She looks forward to meeting all of you!







## Wing Holiday Luncheon



132d Wing command staff serves up lunch to unit members during the holiday luncheon.

## Chief Lawrence Retires



CMSgt Richard Lawrence retired from the 132d Wing after 36 years of service.

### Congratulations 132d Wing 2021 Annual Award Winners



Officer of the Year  
First Lieutenant  
Nicholas Weiland



Senior NCO of the Year  
Senior Master Sergeant  
Kate Schultz



First Sergeant of the Year  
Master Sergeant  
Tim Davis



NCO of the Year  
Technical Sergeant  
Gregory Bendinger



Base Honor Guard of the Year  
Staff Sergeant  
Erin Cavalier



Airman of the Year  
Airman First Class  
Cale Voitel



For more photos, videos and stories follow  
the 132d Wing on social media  
@132dWing





# A FRESH START FOR THE NEW YEAR

by Ch Tim Frasher  
132d Wing Chaplain

An Airman sent me a meme and it stated, "May 2022 be the Toyota Corolla of years: reliable, boring, physically incapable of drama, high mileage, affordable, and fun for the whole family." 2021 was... well... it was a year. Yet, 2022 is a new year, and we have the ability to make a fresh start!

We could all use a fresh start or a do-over because we're all works in progress so why not go for it! Defeat debt! Obliterate obesity! Axe alcohol! Too much alliteration (is that possible)? Whatever makes you a better you, do it.

But how? Thank you for asking.

Most of us charge into new habits, routines, and new behaviors with high intensity and a dash of rabid enthusiasm. Imagine a match being lit. With a burst of light and sound, the flame erupts, but it quickly fades. This quick-fix method may work, but often fails.

Instead, slow down and be smart about it... Be specific on what you want. Figure out how you'll measure your progress. Make sure it is attainable. Ask yourself, is this goal realistic? Give yourself a deadline of when you'll hit your goal or for long goals make mile markers. When I think about goals I imagine a piece of coal; while it takes longer to burn it provides a consistent and steady source of heat.

Likewise, it must be surrounded by others who are on fire. We want the quick fix but anything of worth takes time.

Each of you has a desire to change at least one area of your life. Take control of your life, accomplish your 2022 goal, and enjoy the journey. May 2022 be as boring as a Corolla and as transformational as you make it.

Chaplain Frasher





## ARRIVALS

MSgt	Beeson, Richard	COS	3-Dec-21
SSgt	Bryant, Dale	FSS	5-Dec-21
SSgt	Sandford, Regan	LRS	1-Dec-21
SrA	Salyers, Max	SFS	3-Dec-21
SrA	Flores, Anthony	Comm	7-Dec-21

## DEPARTURES

Lt Col	Nunn, Zachary	ISRG	9-Dec-21
Lt Col	Garrow, Brent	MDG	4-Dec-21
CMSgt	Mulligan, Timothy	CES	31-Dec-21
CMSgt	Lawrence, Richard	WG	18-Dec-21
SMSgt	Wetzler, Robert	ISRG	31-Dec-21
MSgt	Chardoulis, Andrew	COS	2-Dec-21
TSgt	Stull, Troy	232 IS	31-Dec-21
SSgt	Forre, Justin	SFS	1-Dec-21

## PROMOTIONS

MSgt	Williams, Bradley	COS	1-Jan-22
MSgt	Britt, Brandon	FSS	1-Jan-22
MSgt	Baker, Robert	DTOC	15-Jan-22
TSgt	Berns, Cody	SFS	1-Jan-22
TSgt	Devens, Marcus	ISS	1-Jan-22
SSgt	Flatt, Cori	SFS	15-Dec-21
SSgt	Stich, Isaac	232 IS	1-Jan-22
SrA	Souksavath, Grace	MDG	1-Jan-22
SrA	Crain, Zachary	232 IS	1-Jan-22
SrA	Liebsch, Mackenzie	FSS	15-Jan-22
SrA	Bright, Jonathan	CES	1-Jan-22
AIC	Major, Logan	OSS	1-Jan-22

## MENU

### Saturday

Chili Mac  
Mr. Z's Chicken  
Mashed Potatoes w/gravy  
Broccoli/Carrots  
Rice  
Tenderloin  
Cheese Curds  
Cookies

### Sunday

Cajun Chicken  
Smothered Pork Chops  
Mac n Cheese  
Brussel Sprouts  
Corn  
Fish and Chips  
Cookies